



MULTISYSTEMIC THERAPY - PROBLEM SEXUAL BEHAVIOR (MST-PSB)

WHAT IS MST-PSB?

An in-home, evidence-based program for youth who have exhibited problem sexual behaviors which may result in harm to the youth or others. MST-PSB offers interventions to keep youth and others safe and in the community; reduce problem sexual behaviors and increase youth and community safety. The MST-PSB therapist is there for the family 24-hours a day, seven days a week. On average families receive about 2-5 hours a week with a minimum of 2 session per week for five to seven months. Evidence shows this intervention to be most helpful to youth aged 10-18,

WHO IS ELIGIBLE?

Youth between the ages of 0 and 21 with [MaineCare](#) (or those 0-19 with MaineCare's [Katie Beckett waiver option](#)), a mental health diagnosis, and a need for treatment to help with sexual behaviors that are aggressive, forced, and may cause harm.

Both youth and their caregivers participate in all treatment sessions.

HOW TO ACCESS MST SERVICES

For more information about MST-PSB talk to your targeted care coordinator or other provider, visit the [Children's Behavioral Health website](#) or scan the QR code.

To find out if you are eligible for MST-PSB, you or your care coordinator or provider can make a referral by calling the agency offering MST-PSB in your area. To find an MST-PSB provider, click [here](#).

If you do not have [a care coordinator](#), contact the [CBHS Family Information Specialist](#) or a [Family Support Organization](#) for assistance.

HOW DOES MST-PSB HELP?

MST-PSB is specific to the needs of the youth and family. The treatment can include individual and family therapy for an agreed upon number of hours. MST-PSB can:

- Help understand the root cause of problem sexual behaviors
- Work with families to create a treatment plan
- Help develop a safety plan
- Help identify family strengths and needs
- Support and strengthen family functioning
- Strengthen relationships at home, in school, and the community
- Help develop age appropriate behaviors
- Help increase positive and safe youth peer relationships
- Prevent future problem sexual behaviors
- Help keep youth safely in the community



“The program equipped us with the tools needed to talk and relate to our teen. Things such as consent, respect between male and female relatives and friends, coping strategies for sexual urges, normal stress, and family separation.”

-Parent

Retrieved from mstpsb.com/fast-facts